

## Alcohol: A True/False Quiz

### Directions

Read each statement aloud, then discuss the answers given below. Use this as an opportunity to explain your family's rules about underage alcohol use. Your child's teacher will use this quiz as part of a lesson about the effects of alcohol.

#### 1. *Alcohol slows down your body and mind.*

**True.** Alcohol is a depressant; it leaves you unable to think, react, and make decisions as you normally would. If you drink enough to get alcohol poisoning, your brain slows down so much you can slip into a coma or even die.<sup>11</sup>

#### 2. *Alcohol affects different people in different ways.*

**True.** Alcohol's effects depend on a person's age, sex, body weight, and hereditary factors. A person can be affected by alcohol differently at different times of the day, depending on how much they've eaten, how tired they are, and many other factors. Alcohol has a stronger effect on the bodies and brains of young people than it does on those of an adult, because young bodies are smaller and still developing.<sup>12</sup>

#### 3. *You feel alcohol's effects right away.*

**True.** Alcohol is absorbed into the bloodstream very quickly (within 5–10 minutes). It passes from your stomach directly into your bloodstream and affects every organ, including your brain.<sup>13</sup>

#### 4. *Beer and wine coolers are as harmful as other forms of alcohol.*

**True.** Beer and wine coolers are just as harmful to the developing brains of children as other forms of alcohol. There is about the same amount of alcohol in a 12-ounce can of beer as there is in a mixed drink that contains 1 ounce of hard liquor or in a 5-ounce glass of wine, or in a wine cooler.<sup>14</sup>

### Sources for More Information

Substance Abuse and Mental Health Services Administration (SAMHSA): [www.samhsa.gov](http://www.samhsa.gov)

SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI): (800) 729-6686 [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

National Institute on Alcohol Abuse and Alcoholism (NIAAA): [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Cool Spot: [www.thecoolspot.gov](http://www.thecoolspot.gov)

Leadership to Keep Children Alcohol Free: <http://alcoholfreechildren.org>

U.S. Department of Education's Office of Safe and Drug-Free Schools: [www.ed.gov/about/offices/list/osedfs/index.html](http://www.ed.gov/about/offices/list/osedfs/index.html)

#### 5. *Some of the signs<sup>15</sup> that a person has a problem with alcohol are:*

- Believing that alcohol is necessary to have fun.
- Lying about how much alcohol he or she is using.
- Forgetting what happened while drinking.
- Getting drunk on a regular basis.

**True.** You can and should help by encouraging the person to stop drinking and to seek professional help.

